

A high level needs analysis of mild to moderate mental health needs in Oxfordshire¹

1 Introduction

There are no specific datasets available that measures prevalence around mild to moderate mental health needs nationally. However using this document sets out identify key areas where we may expect to see the emergence of emotional and mental health problems by using data available from Public Health England (PHE fingertips), Oxfordshire's JSNA on mental health, mapping of vulnerable children and use of services as well as local CAMHS data.

2 Overview of Oxfordshire²

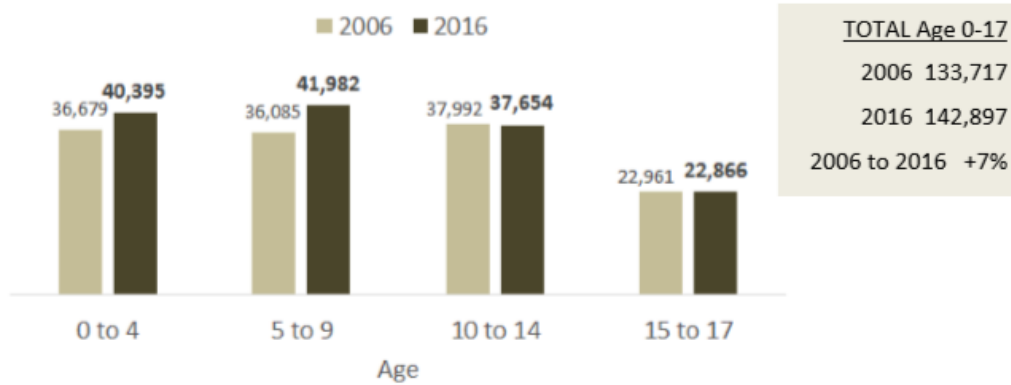
Oxfordshire is overall a healthy and wealthy county to grow up in and has a highly skilled and well educated adult population. However despite relative affluence, income deprivation is an issue in urban and rural areas affecting health outcomes disproportionately for both adults and children. Housing remains unaffordable with Oxford City rated as the least affordable UK city for housing. Homelessness is on the increase and benefits changes are affecting more households.

Oxfordshire is one of the largest and most rural counties in the South East and similar to most other areas has a growing and aging population. Transport remains a challenge and this is particularly an issue in rural areas where older and younger adults are disproportionately affected.

As of mid-2016, the estimated total population of Oxfordshire was 683,200. Children and young people aged 0 to 17 made up 21% of Oxfordshire's population as of mid-2016, a similar proportion to that in 2006 with the greatest increases in the age groups 0-4 and 5-9.

¹ This report should be read in conjunction with the Oxfordshire Mental Health JSNA 2018

² Oxfordshire JSNA 2018



Source: ONS mid-year population estimates released June 2017

The latest Oxfordshire County Council population forecasts, predict an increase in the number of Oxfordshire residents of +186,500 people (+27%) between 2016 and 2031. There is an expected increase of 24% in the 0-19 age group.

There were according to the JSNA 2018 a total of 107,000 residents of Oxfordshire from an ethnic minority background (other than white British) in 2011, equivalent to 16% of the population. This was lower than the national average of 20%. Oxford City has a significantly higher proportion of ethnic minority residents (36%) than Oxfordshire's rural districts and the second highest ethnic minority population in the South East region after Slough. The mixed/multiple ethnic group is relatively young – a far higher proportion of this group are aged 0-24.

Not being proficient in English can affect a person's ability to access health, other services and educational attainment. Data published as part of the annual school census in January each year shows an increasing proportion of pupils at primary schools in Oxfordshire with first language other than English. The % of pupils with first language other than English in Oxfordshire in January 2017 was slightly higher than the regional South East average (14.4% in Oxfordshire compared with 14.3% in SE). Lack of language skills is associated with lower performance of pupils in Oxfordshire schools.

According to the JSNA 2018 an estimated 8900 children aged 0-15 live with a disability such as experiencing physical, mental, cognitive, learning, social, behavioural or other types of impairment.

There is currently very little data on sexual orientation, but using experimental data released by ONS the JSNA has shown the following data:

Sexual orientation by age and estimate of total LGB population in Oxfordshire (using 2016 population estimates)

Age	Heterosexual or straight		Gay or lesbian		Bisexual		Other		Don't know or refuse	
	%	Oxon est	%	Oxon est	%	Oxon est	%	Oxon est	%	Oxon est
16-24	90.6	76,097	1.7	1,428	2.4	2,016	0.8	672	4.6	3,864
25-34	92.3	84,694	2	1,835	0.9	826	0.4	367	4.4	4,037
35-49	93.5	126,528	1.3	1,759	0.5	677	0.5	677	4.2	5,684
50-64	94.4	116,793	1	1,237	0.4	495	0.4	495	3.8	4,701
65+	94.8	114,681	0.4	484	0.3	363	0.5	605	4.1	4,960
TOTAL		518,792		6,743		4,376		2,815		23,246

Sources: ONS Sexual identity experimental estimates and ONS 2016 mid-year population estimate for Oxfordshire

In Oxfordshire there are the following number pupils and schools and colleges:

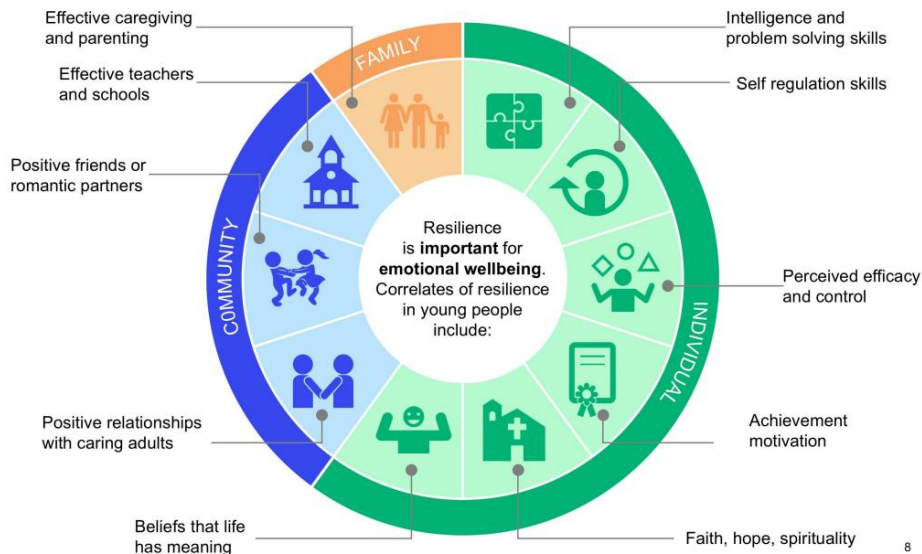
	Primary	Secondary	Colleges	Pupil Referral Unit	Hospital school
Number of schools	238	40 (13 providing SEN, including 11 for complex needs)	6	1	1
% Academy Status	34%	85% (40% of SEN)	N/A	N/A	N/A
% growth in pupil numbers 15/16 to 16/17	1.6%	2.3% (3.6% Year 7)			
% growth projections 16/17 to 21/22	5.2%	19.4%	No data	No data	No data

There are 51,221 (net capacity 57555, 2016 data) children registered with Primary schools, 35,911 (net capacity 44,184, 2016 data) and 9,016 (up to age 18, 2018 data) registered in colleges in Oxfordshire a total of 96,148 pupils.

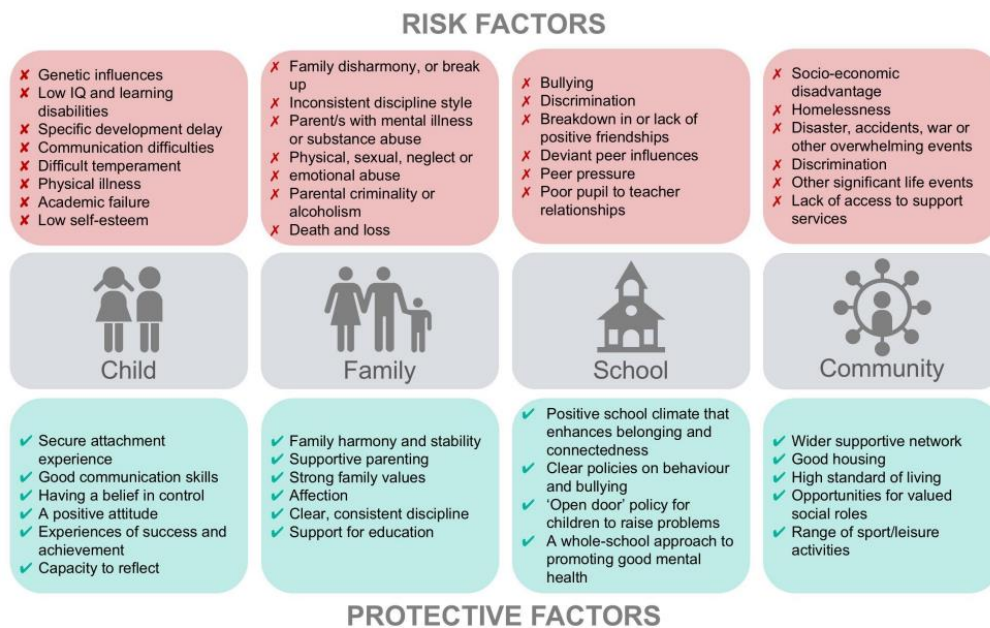
3 Risk factors and protective factors for children and young people's mental health³

Building resilience in children and young people is considered to be the cornerstone of early intervention and prevention against developing emotional and mental health problems.

Building resilience (the ability to cope with adversity and adapt to change)



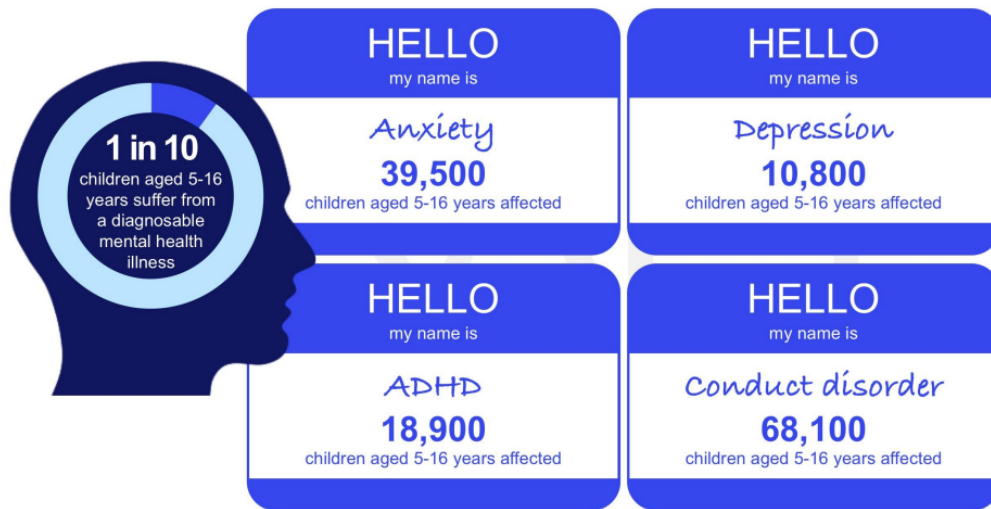
There are identified risk and protective factors for developing mental health problems and they are outlined below:



4 Prevalence of diagnosable mental health disorders

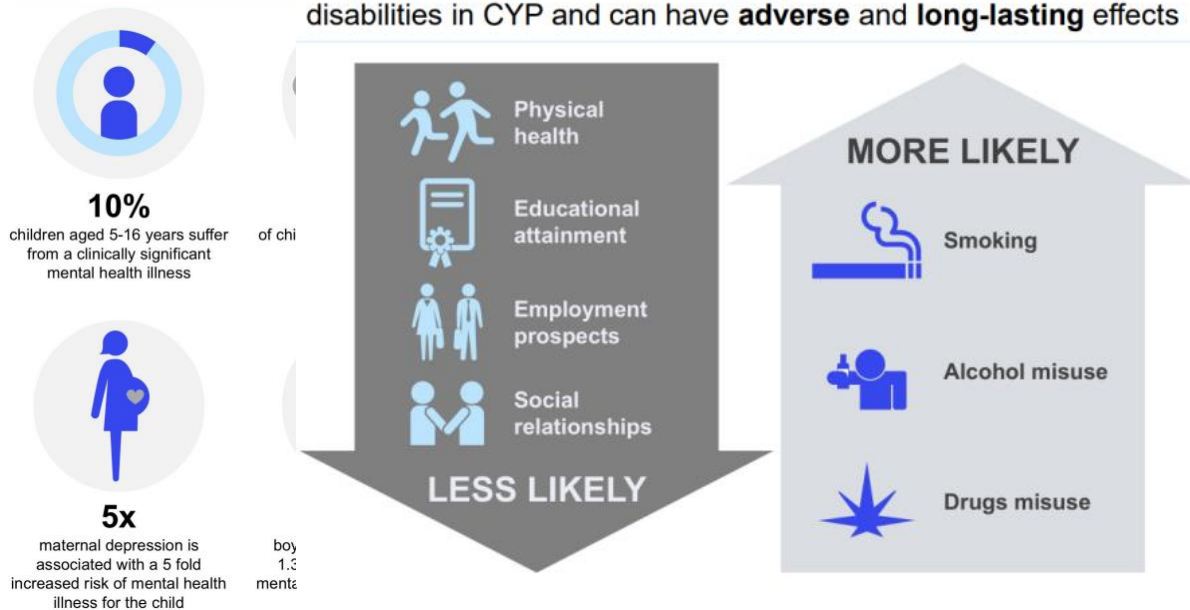
The data that we currently have available shows that in England about 10% of those aged 5-16 have a diagnosable mental health condition. This equated to the following:

About **695,000** children aged 5 to 16 years in England have a clinically significant mental health illness



Facts about mental

Mental health illnesses are a **leading** cause of health-related disabilities in CYP and can have **adverse** and **long-lasting** effects



The impact of mental illness is wide ranging and can have lifelong consequences that affect all aspect of life.

- parental abandonment through separation or divorce
- a parent with a mental health condition
- being the victim of abuse (physical, sexual and/or emotional)
- being the victim of neglect (physical and emotional)
- a member of the household being in prison
- growing up in a household in which there are adults experiencing alcohol and drug use problems.

Preventing ACEs should be seen within the wider context of tackling societal inequalities. While ACEs are found across the population, there is more risk of experiencing ACEs in areas of higher deprivation.

ACEs have been found to have lifelong impacts on health and behaviour and they are relevant to all sectors and involve all of us in society. Resilient communities have an important role in action on ACEs.

When children are exposed to adverse and stressful experiences, it can have long-lasting impact on their ability to think, interact with others and on their learning.

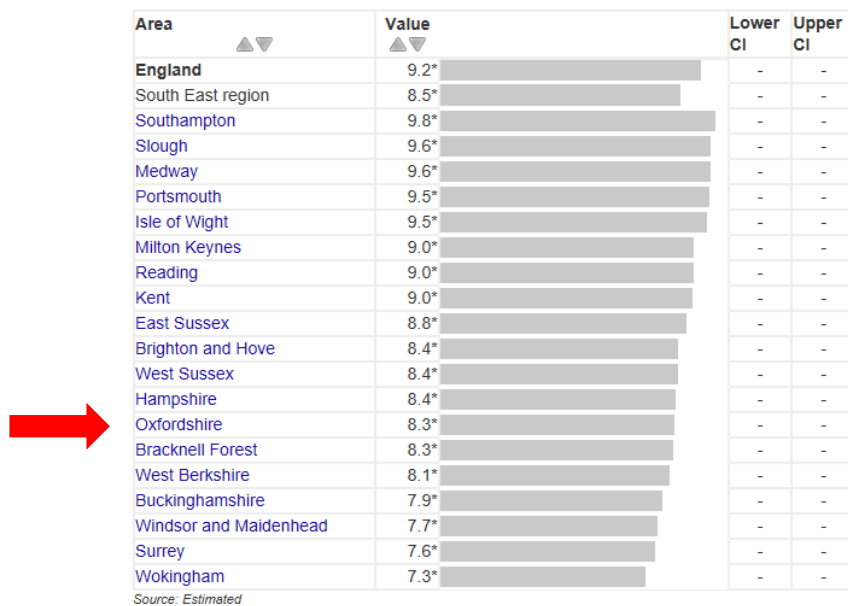
Recent research⁶ on the effects of adverse childhood experiences concludes that:

“To have multiple ACEs is a major risk factor for many health conditions. The outcomes most strongly associated with multiple ACEs represent ACE risks for the next generation (e.g., violence, mental illness, and substance use). To sustain improvements in public health requires a shift in focus to include prevention of ACEs, resilience building, and ACE-informed service provision. The Sustainable Development Goals provide a global platform to reduce ACEs and their life-course effect on health.”

5 Oxfordshire Picture

According to PHE Finger tips the estimated prevalence of mental health disorders in children and young people is 8.3% (2015) as shown in the table below:

⁶ The effect of multiple adverse childhood experiences on health: a systematic review and meta-analysis – The Lancet VOLUME 2, ISSUE 8, PE356-E366, AUGUST 01, 2017.
[https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(17\)30118-4/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(17)30118-4/fulltext)



Oxfordshire has a lower than England prevalence rate and is in the lower end of the table for the region. An overview of conditions and prevalence can be found in Appendix 1 and a detailed profile of Oxfordshire in Appendix 2.

Despite having a lower rate of prevalence there are areas where Oxfordshire does less well compared with England and Regional areas and those are:






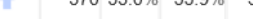







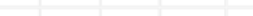


- High numbers of young people aged 16-24 with eating disorders
- High prevalence of ADHD amongst 16-24 year olds
- Hospital admissions as a result of self-harm where overall Oxfordshire rates are higher than England and significantly higher in the 15-24 age group.
- School pupils with social, emotional and mental health needs. Oxfordshire has a rate of 2.61% against England 2.33% and Regional rate of 2.32%

Protective factors

The following table shows that Oxfordshire overall performs well with the exception of Readiness for school indicator where Oxfordshire does worse than the Region, but better than England. The trend however shows that there has been improvement over time.

Compared with benchmark ● Better ● Similar ● Worse ● Lower ● Similar ● Higher ○ Not Compared




















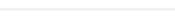

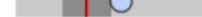














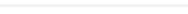

Indicator	Period	Oxon			Region England			England		
		Recent Trend	Count	Value	Value	Value	Worst/ Lowest	Range	Best/ Highest	
School Readiness: % of all eligible children 	2016/17		5,715	72.5%	74.0%	70.7%	60.9%		78.9%	
School Readiness (children with free school meal status): % of all eligible children with free school meal status 	2016/17		370	53.0%	55.9%	56.0%	43.9%		70.7%	
Emotional wellbeing of looked after children aged 5-16: average difficulties score 	2016/17	—	-	14.4	14.6	14.1	0.0		19.9	
Mental Wellbeing in 15 year olds: Mean wellbeing (WEMWBS-14) score 	2014/15	—	-	47.8	47.5	47.6	45.4		48.9	
Positive satisfaction with life among 15 year olds: % reporting positive life satisfaction 	2014/15	—	-	63.2%	63.3%	63.8%	50.4%		70.4%	
Educational attainment (5 or more GCSEs): % of all children 	2015/16	—	3,480	59.5%	60.3%	57.8%	44.8%		74.6%	
Educational attainment (5 or more GCSEs) of children in care: % of children in care 	2015	—	6	13.6%	13.7%	13.8%	6.4%		34.6%	

Primary Prevention: Adversity

Overall Oxfordshire again has a lower or similar rating against England against the indicators for adversity. The exceptions to this where Oxfordshire does worse are for the following indicators:

- Children subject to a child protection plan with initial category of neglect
- Children in need due to family stress or dysfunction or absent parenting
- Children in need due to parent disability or illness



Indicator	Period	Oxon			Region England			England		
		Recent Trend	Count	Value	Value	Value	Worst/ Lowest	Range	Best/ Highest	
Children under 16 in poverty: % of children aged under 16 	2015		11,825	10.0%	12.5%	16.8%	6.1%		30.5%	
Children under 20 in poverty: % of all dependent children aged under 20 	2015		13,390	9.8%	12.3%	16.6%	6.0%		30.6%	
Free school meals: % uptake among all pupils 	2017		7,914	8.4%	9.6%	13.9%	4.6%		35.5%	
Repeat child protection cases: % of children who became subject of a child protection plan for a second or subsequent time 	2017		147	18.4%	22.2%	18.7%	4.9%		36.1%	
Children subject to a child protection plan with initial category of abuse: rate per 10,000 children aged under 18 	2017	—	164	11.5	16.1	19.9	2.2		53.2	
Children subject to a child protection plan with initial category of neglect: rate per 10,000 children aged under 18 	2017	—	411	28.8	23.2	20.9	4.9		58.7	
Children who started to be looked after due to abuse or neglect: rate per 10,000 children aged under 18 	2017	—	218	15.3	10.4	16.2	2.6		72.0	
Children in need due to abuse or neglect: rate per 10,000 children aged under 18 years 	2017	—	2,321	162.4	123.4	172.9	50.8		464.0	
Children who started to be looked after due to family stress or dysfunction or absent parenting: rate per 10,000 children aged under 18 	2017	—	103	7.2	10.7	9.3	0.9		34.2	
Children in need due to family stress or dysfunction or absent parenting: rate per 10,000 children aged under 18 	2017	—	1,467	102.7	117.8	93.8	13.9		255.8	
Families out of work: % of households with dependent children where no adult is in employment 	2011	—	6,759	2.6%	3.1%	4.2%	1.6%		10.4%	
Family homelessness: rate per 1,000 households 	2016/17		258	0.9	1.6	1.9	0.1		8.4	
Children in need due to parent disability or illness: rate per 10,000 children under 18 	2017	—	391	27.4	9.5	9.2	1.3		77.6	
Parents in alcohol treatment: rate per 100,000 children aged 0 - 15 	2011/12	—	166	135.7	120.0*	147.2	34.9		452.8	
Parents in drug treatment: rate per 100,000 children aged 0 - 15 	2011/12	—	122	99.8	78.8*	110.4	0.0		400.0	
Unaccompanied Asylum Seeking Children looked after: count 	2017	—	55	55	1070	4560	-	-	-	

6 Vulnerable children

A Mapping exercise⁷ was commissioned by the Performance, Audit & Quality Assurance subgroup of the Safeguarding Board and Children's Trust in 2016/17. Maps and charts were reported at ward level on the use of social care; health and police services to identify geographical hotspots and school attendance data is reported by school partnerships. The data on attendance was taken from the School Locality Profiles for 2015/16 academic year. The analysis was broken down into areas covering:

- Cherwell

⁷ Mapping documents can be found on Oxfordshire Insight (JSNA) <http://insight.oxfordshire.gov.uk/cms/joint-strategic-needs-assessment>

- City
- South Oxfordshire
- Vale of the White Horse
- West Oxfordshire

Cherwell

	Social care referrals			DV notification			Victims of Crime			CAMHS referral		
	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County
Banbury Ruscote	237.3	1	1	142.1	1	1	78.4	1	2	66.8	1	3
Banbury Cross and Neithrop	120.2	3	5	60.9	4	8	64.3	2	3	50.1	2	24
Banbury Grimsbury and Hightown	121.8	2	4	71.8	2	2	43.6	4	16	41.1	8	47
Bicester West	103.8	4	11	71.8	2	2	48.0	3	12	45.8	4	30
Banbury Hardwick	84.3	5	13	38.3	8	23	39.3	6	20	43.6	5	39
Bicester South and Ambrosden	72.6	6	15	42.2	6	16	21.9	8	47	46.7	3	28
Bicester North and Caversfield	64.8	7	21	39.0	7	20	21.4	9	50	41.1	7	46
Kidlington East	55.4	8	27	42.9	5	14	16.8	11	69	42.9	6	41
Banbury Calthorpe and Easington	55.4	8	27	28.1	12	36	42.7	5	17	33.7	14	73
Adderbury, Bloxham and Bodicote	40.6	12	42	35.1	9	28	14.6	14	81	38.7	10	54
Deddington	42.2	11	41	32.8	10	31	11.8	15	92	39.7	9	50
Bicester East	49.2	10	36	27.3	13	38	35.9	7	24	37.8	11	57
Launton and Otmoor	39.8	13	43	18.0	14	58	16.7	12	71	27.0	16	90
Fringford and Heyfords	29.7	14	57	29.7	11	34	10.5	16	99	36.7	12	62
Kidlington West	27.3	15	60	10.9	16	84	20.3	10	57	35.1	13	69
Cropredy, Sibfords and Wroxton	22.6	16	67	14.8	15	69	16.6	13	74	30.7	15	85
Median	55.4			36.7			21.7			40.4		
County Median	30.1			18.7			20.5			37.9		

Oxford City

	Social care referrals			DV notification			Victims of Crime			CAMHS referral		
	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County
Blackbird Leys	134.3	1	2	56.2	3	9	54.2	4	7	46.4	5	29
Barton and Sandhills	122.6	2	3	66.4	1	5	47.4	7	13	55.0	2	12
Northfield Brook	109.3	3	8	65.6	2	6	60.5	1	4	54.3	3	14
Churchill	107.7	4	9	48.4	6	12	58.2	2	5	32.9	9	77
Littlemore	104.6	5	10	49.2	5	11	46.6	8	14	52.2	4	20
Rose Hill and Iffley	89.0	6	12	39.8	8	19	49.3	6	11	57.9	1	8
Lye Valley	67.9	8	19	50.7	4	10	27.1	13	38	37.6	6	58
Cowley	69.5	7	18	35.1	10	28	24.2	15	42	26.5	14	92
Cowley Marsh	63.2	9	22	48.4	6	12	29.0	12	36	20.0	17	102
Hinksey Park	51.5	10	30	39.0	9	20	24.2	16	43	23.4	15	97
Summertown	36.7	12	49	28.9	11	35	18.3	21	65	37.3	7	60
Iffley Fields	28.1	15	58	24.2	13	44	23.8	17	44	31.2	12	81
Headington Hill and Northway	35.9	14	52	18.7	16	53	57.2	3	6	31.8	11	80
Quarry and Risinghurst	37.5	11	48	26.5	12	41	20.7	18	55	31.0	13	84
Marston	36.7	12	49	19.5	14	49	29.5	11	33	32.7	10	79
St Mary's	26.5	16	61	17.2	18	61	25.5	14	41	6.0	22	110
Wolvercote	23.4	18	66	19.5	14	49	19.9	19	60	34.9	8	70
Jericho and Osney	25.8	17	62	18.0	17	58	31.2	10	28	16.3	18	105
Carfax	14.8	20	83	11.7	19	78	53.5	5	8	3.7	23	111
St Clement's	12.5	21	92	8.6	20	89	19.3	20	62	6.1	21	109
North	15.6	19	79	3.9	22	100	7.4	24	106	10.4	20	108
Headington	4.7	23	110	3.9	22	100	14.4	22	82	23.3	16	98
St Margaret's	8.6	22	103	7.8	21	93	12.5	23	88	14.9	19	106
Holywell	0.8	24	112	0.0	24	112	46.2	9	15	0.7	24	112
Median	36.7			25.4			28.0			31.1		
County Median	30.1			18.7			20.5			37.9		

South Oxfordshire

	Social care referrals			DV notification			Victims of Crime			CAMHS referral		
	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County
Didcot South	111.6	1	6	71.0	1	4	42.2	2	18	41.9	8	44
Didcot West	110.1	2	7	63.2	2	7	95.3	1	1	80.4	1	1
Didcot North East	60.1	3	23	42.9	3	14	20.3	7	58	37.3	11	61
Thame	49.2	6	36	36.7	5	25	13.5	14	85	40.3	9	49
Berinsfield	58.5	4	25	38.3	4	23	15.6	11	78	53.4	4	16
Wallingford	47.6	7	38	35.1	6	28	16.1	10	76	42.5	7	43
Henley-on-Thames	51.5	5	30	30.4	7	33	16.2	9	75	24.2	18	94
Cholsey	39.0	8	45	14.1	11	71	29.8	4	31	44.1	5	35
Woodcote & Rotherfield	38.3	9	47	18.7	8	53	11.3	16	95	33.0	12	76
Chinnor	28.1	10	58	17.2	9	61	16.7	8	73	38.3	10	55
Benson & Crowmarsh	22.6	12	67	17.2	9	61	6.7	20	108	27.7	15	89
Sonning Common	25.8	11	62	8.6	18	89	6.6	21	109	20.6	21	101
Watlington	14.1	16	86	11.7	14	78	10.1	18	100	26.8	16	91
Kidmore End & Whitchurch	14.1	16	86	13.3	12	73	13.5	13	84	23.8	20	96
Garsington & Horspath	18.0	13	76	11.7	14	78	32.5	3	27	58.2	2	7
Forest Hill & Holton	13.3	18	88	11.7	14	78	15.3	12	80	30.4	13	86
Chalgrove	12.5	19	92	12.5	13	76	21.2	5	52	54.7	3	13
Haseley Brook	15.6	14	79	8.6	18	89	13.3	15	87	43.0	6	40
Wheatley	10.1	20	100	10.9	17	84	20.6	6	56	25.3	17	93
Sandford & the Wittenhams	14.8	15	83	3.1	20	106	10.6	17	98	23.9	19	95
Goring	7.8	21	104	0.8	21	110	9.6	19	101	28.8	14	88
Median	25.8			14.1			15.6			37.3		
County Median	30.1			18.7			20.5			37.9		

Vale

	Social care referrals			DV notification			Victims of Crime			CAMHS referral		
	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County
Abingdon Caldecott	81.2	1	14	42.2	1	16	50.8	1	9	54.2	4	15
Faringdon	72.6	2	15	18.7	12	53	36.4	4	22	49.5	7	25
Wantage Charlton	50.7	6	34	24.2	7	44	41.1	2	19	56.0	3	10
Abingdon Abbey Northcourt	46.8	9	40	31.2	2	32	38.3	3	21	34.2	19	71
Blewbury & Harwell	47.6	8	38	21.9	9	48	29.0	8	34	76.2	1	2
Grove North	60.1	3	23	28.1	3	36	36.1	5	23	57.4	2	9
Wantage & Grove Brook	53.1	4	29	23.4	8	46	33.8	6	26	47.4	8	26
Abingdon Fitzharris	50.7	6	34	18.7	12	53	31.0	7	29	33.1	20	74
Abingdon Peachcroft	51.5	5	30	16.4	15	65	20.9	14	53	38.8	13	53
Marcham	35.1	12	54	27.3	4	38	21.6	12	49	14.5	24	107
Watchfield & Shrivenham	30.4	13	56	25.0	5	42	13.5	20	86	22.1	22	99
Botley & Sunningwell	36.7	11	49	18.0	14	58	21.3	13	51	35.4	17	67
Cumnor	39.0	10	45	14.1	16	71	26.2	10	39	43.7	11	38
Abingdon Dunmore	20.3	16	71	19.5	10	49	12.3	21	89	36.3	15	64
Kennington & Radley	24.2	14	65	25.0	5	42	11.0	23	97	21.7	23	100
Hendreds	19.5	17	73	9.4	20	88	16.7	17	72	38.0	14	56
Kingston Bagpuize	17.2	18	77	19.5	10	49	20.2	15	59	41.3	12	45
Ridgeway	12.5	21	92	11.7	18	78	12.3	22	90	35.2	18	68
Steventon & the Hanneys	21.1	15	69	10.1	19	86	21.7	11	48	52.7	6	18
Sutton Courtenay	13.3	19	88	5.5	24	98	16.1	18	77	43.8	10	37
Wootton	13.3	19	88	13.3	17	73	29.0	9	35	35.5	16	65
Drayton	10.9	22	97	6.2	23	96	13.5	19	83	53.2	5	17
Stanford	6.2	24	108	7.0	22	95	16.8	16	70	44.5	9	34
Thames	10.1	23	100	7.8	21	93	7.9	24	105	30.0	21	87
Median	32.8			18.7			21.4			40.1		
County Median	30.1			18.7			20.5			37.9		

West Oxfordshire

	Social care referrals			DV notification			Victims of Crime			CAMHS referral		
	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County	Rate	Rank District	Rank County
Witney Central	71.8	1	17	36.7	3	25	50.6	1	10	62.0	1	4
Carterton North East	67.1	2	20	39.0	2	20	29.7	4	32	37.4	18	59
Chipping Norton	58.5	3	25	35.9	4	27	30.0	3	30	51.2	6	21
Witney East	51.5	4	30	41.4	1	18	18.8	11	63	50.6	7	22
Witney South	39.8	5	43	23.4	6	46	28.5	5	37	44.0	13	36
Carterton North West	34.3	7	55	27.3	5	38	25.8	6	40	47.4	9	27
Eynsham and Cassington	35.9	6	52	17.2	8	61	20.7	9	54	52.4	5	19
Witney North	20.3	10	71	18.7	7	53	22.8	7	45	35.5	20	66
Carterton South	21.1	9	69	14.8	12	69	18.4	12	64	32.8	23	78
Stonesfield and Tackley	18.7	12	75	16.4	9	65	8.7	21	102	45.3	11	32
Charlbury and Finstock	12.5	18	92	13.3	13	73	17.2	14	67	36.3	19	63
Woodstock and Bladon	19.5	11	73	10.1	16	86	17.1	15	68	33.0	22	75
Kingham, Rollright and Enstone	25.0	8	64	15.6	10	67	8.5	22	103	39.3	16	51
Standlake, Aston and Stanton Harcourt	15.6	14	79	8.6	17	89	11.8	18	93	55.6	4	11
Hailey, Minster Lovell and Leafield	16.4	13	78	11.7	15	78	7.1	24	107	42.5	14	42
Witney West	15.6	14	79	15.6	10	67	17.8	13	66	31.2	24	82
Bampton and Clanfield	14.8	16	83	12.5	14	76	15.6	16	78	40.6	15	48
Chadlington and Churchill	11.7	19	96	5.5	19	98	11.6	19	94	59.2	2	5
Freeland and Hanborough	10.9	20	97	3.9	20	100	4.2	27	112	58.9	3	6
Milton-under-Wychwood	13.3	17	88	6.2	18	96	5.2	26	111	50.6	8	23
The Bartons	10.9	20	97	3.9	20	100	35.6	2	25	44.7	12	33
Burford	4.7	27	110	1.6	25	108	11.0	20	96	39.1	17	52
Alvescot and Filkins	7.0	24	106	3.9	20	100	11.9	17	91	19.2	26	103
Ascott and Shipton	7.8	23	104	3.9	20	100	19.8	10	61	34.1	21	72
Ducklington	5.5	26	109	2.3	24	107	8.0	23	104	31.0	25	83
Brize Norton and Shilton	9.4	22	102	1.6	25	108	6.0	25	110	17.2	27	104
North Leigh	7.0	24	106	0.8	27	110	22.0	8	46	45.6	10	31
Median	15.6			12.5			17.2			42.5		
County Median	30.1			18.7			20.5			37.9		

A summary of the finding were:

“There are clear geographical overlaps e.g. areas of higher incidences of domestic violence notifications tend to have higher levels of social care referrals, and more children are victims of crime. These are also linked to levels of deprivation. There is less of an overlap with referrals to the CAMHS service. Additional work was carried out on children as victims of crime and a quarter of all victims were of school age; and the crime was during the school day in term time.”

Oxford:

- Children in Oxford are more likely to appear in the data than Oxfordshire as a whole.
- Blackbird Leys, Barton and Northfield Brook have particularly high rates

Cherwell

- Children in Cherwell are more likely to appear in the data than Oxfordshire as a whole.
- The wards that comprise Banbury have particularly high rates.

South Oxfordshire

- Children in South Oxfordshire are less likely to appear in the data than Oxfordshire as a whole.
- However the Didcot wards have particularly high prevalence e.g. children in Didcot South are 4 times more likely to be referred to social care; 5 times

more likely to be in a household with a domestic abuse notification and over twice as likely to be a victim of crime than in the district as a whole

Vale

- Levels of activity in the Vale are similar to Oxfordshire as a whole.
- Abingdon Caldecott has high levels of activity, with children more than twice as likely to be referred to social care, live in a house where there was a domestic violence notification or be a victim of crime than the rest of the district

West Oxfordshire

- Children in West Oxfordshire are more likely to appear in the data than Oxfordshire as a whole.
- The wards that make up Witney and Carterton tend to have the highest prevalence of activity.

The overall Mapping Exercise showed that Oxfordshire has pockets of high levels of service use and needs that are consistent with levels of deprivation. We are also seeing an overlap in those areas of school absenteeism, exclusions and lower than expected educational attainment.

In terms of adverse childhood experiences those children are at a heightened risk of developing mental health problems and difficulties that may persist into adulthood.

CAMHS provide mental health services to the whole population and that is probably why referrals do not completely overlap with other referral patterns.

During 17/18 6681 referrals were received into the CAMHS Single Point of Access (SPA). 25% of those (1670) were subsequently treated in the Primary Mental Health CAMHS pathway now known as Getting Help. This pathway for mild to moderate mental health presentation had a caseload of approximately 1100 children and young people during 17/18.

We know that there are increasing referrals particularly around eating disorders or disorder eating, self-harm, mild to moderate depression and anxiety. Those referrals are not always related to deprived areas, but also some of the more affluent areas where parents are in employment and highly educated. We are starting (anecdotal - through consultation with stakeholder and some recent analysis of referrals) to see a changing landscape of children and young people appearing to express more anxiety and showing emotional distress resulting in expressions of challenging and self-harming behaviours. From speaking with young people, their families and other professional that are emerging concerns about effects of:

- social media (bullying, portrayals of 'perfect' body image, use of pornography, peer pressure to always having to instantly respond to social media messaging such as Snapchat)
- Early sexual maturity/activity and understanding consent
- Perceived pressure from Education system to be successful
- Lack of understanding of the adolescence developmental stage including behaviours and brain development
- Young people telling us that they feel they are "having to be adults when we are not ready".

Through our consultations with schools there has been a great deal of concern in primary schools that they are having to increasingly deal with families where parents struggle to parent or simply do not know how, to such as boundary setting, dealing with behaviours and communication with their child.

Data from our School Health Nurse Service contract tells us that In 2016/17 there were 7,244 interventions for emotional wellbeing and psychological support from the school health nurses, 22% out of all interventions in secondary schools. In colleges there were 948 interventions, 20% of all interventions.

In 2017/2018 there were 7,665 interventions for emotional wellbeing and psychological support from the School health nurses, 20% of all interventions and in colleges 448 interventions, 14% of all interventions. Although percentages are lower in 2017/18 for schools the actual activity is higher than the year before.

7 Summary of key issues in Oxfordshire

Oxfordshire is overall affluent and healthy, but with areas of deprivation showing higher use of Services. Key issues for Oxfordshire are summarised below highlighting areas populations where we might expect to see related emerging emotional and mental health problems and multiple ACE's.

- High numbers of young people aged 16-24 with eating disorders
- High prevalence of ADHD amongst 16-24 year olds
- Hospital admissions as a result of self-harm where overall Oxfordshire rates are higher than England and significantly higher in the 15-24 age group.
- Primary school pupils with social, emotional and mental health needs. Oxfordshire has a rate of 2.41% against England 2.12% and Regional rate of 2.08%

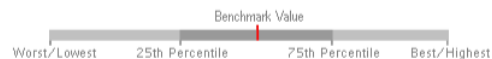
Oxfordshire performs worse than England average on the following indicators:

- Children subject to a child protection plan with initial category of neglect
- Children in need due to family stress or dysfunction or absent parenting
- Children in need due to parent disability or illness

- Cause for concern - Looked after children where there is cause for concern
- 15 year olds with 3 or more risky behaviours:
- Children in need due to socially unacceptable behaviour
- More young people have used of alcohol, drugs and who smoke than England Average
- Persistent absenteeism in secondary schools
- School readiness of Year one Pupils
- Admission episodes for alcohol specific related conditions

Appendix 1 Children and Young People's Mental Health and Wellbeing (PHE Fingertips – Oxfordshire Compared with England and South East Region)

Compared with benchmark: ● Better ● Similar ● Worse ● Lower ● Similar ● Higher ○ Not Compared



Indicator	Period	Oxon		Region England			England		
		Recent Trend	Count	Value	Value	Value	Worst/Lowest	Range	Best/Highest
Estimated prevalence of mental health disorders in children and young people: % population aged 5-16 ■	2015	—	7,703	8.3%*	8.5%*	9.2%*	7.0%		11.0%
Estimated prevalence of emotional disorders: % population aged 5-16 ■	2015	—	3,018	3.2%*	3.3%*	3.6%*	2.8%		4.2%
Estimated prevalence of conduct disorders: % population aged 5-16 ■	2015	—	4,531	4.9%*	5.0%*	5.6%*	4.0%		6.9%
Estimated prevalence of hyperkinetic disorders: % population aged 5-16 ■	2015	—	1,207	1.3%*	1.4%*	1.5%*	1.1%		1.9%
Prevalence of potential eating disorders among young people: estimated number aged 16 - 24 ■	2013	—	10,497	10,497*	-	*	-	-	-
Prevalence of ADHD among young people: estimated number aged 16 - 24 ■	2013	—	11,265	11,265*	-	*	-	-	-
Cause for concern - Looked after children where there is cause for concern: % of looked after children ■	2016/17	—	73	39.7%	41.3%	38.1%	62.4%		7.8%
Hospital admissions as a result of self-harm: DSR per 100,000 population aged 10-24 ■	2016/17	—	619	473.2	449.3	404.6	98.2		1,156.8
Hospital admissions as a result of self harm: Crude rates per 100,000 (10-14 yrs) ■	2016/17	↑	74	196.5	179.6*	211.6*	40.9		590.4
Hospital admissions as a result of self harm: Crude rates per 100,000 (15-19 yrs) ■	2016/17	↑	312	761.8	688.4*	619.9*	133.2		1,624.0
Hospital admissions as a result of self harm: Crude rates per 100,000 (20-24 yrs) ■	2016/17	→	233	462.3	477.3*	393.2*	57.2		1,247.8
School pupils with social, emotional and mental health needs: % of school pupils with social, emotional and mental health needs (Primary school age) ■	2017	—	1,311	2.42%	2.08%	2.12%	1.09%		4.12%
School pupils with social, emotional and mental health needs: % of school pupils with social, emotional and mental health needs (Secondary school age) ■	2017	—	902	2.37%	2.25%	2.27%	1.05%		4.90%
School pupils with social, emotional and mental health needs: % of school pupils with social, emotional and mental health needs (School age) ■	2017	—	2,434	2.61%	2.32%	2.33%	1.07%		4.65%

Appendix 2 – Oxfordshire's profile for Children and young People's mental health and wellbeing (PHE Fingertips 2018)



PHE Oxfordshire
Needs Assessment m